I-RECOVERY KERNEL

Behavioral Addiction Series

NO SUBSTANCE REQUIRED

Umhlahlandlela Wokwelashwa Kwezindlela Zokuzithinta.

Ukugembula · Imidlalo · Amafilimu ne-TV · Umsakazo nezinto zokuzilibelela · Ukuthemba ngomculo ngesikhathi kokuqeqeshwa.

Umuntu ongakaze athinte yizinto eziyisiwayini.

isebenza njengokusebenzisa okufanayo kwezindlela zedopamine njengomsebenzisi wedwa.

ngokusebenzisa umshini wokugembula, ukulawula, inkundla yokusakaza, noma amabhodikhwezi ayo engakwazi ukuwasusa.

Umnyuzelo 1 — Imishini Efana, Akudingeki Ithebhilidi.

I-CENTURION - Ukuhamba kwedopamine akukhathaleli ukuthi okungenayo ngukuntwaswa kwe-fentanyl noma umshini wokugembula. Kuphendula ngokufanayo.

Uhlelo lukudlala lokwelapha ukuba nokwethemba luhlanganisa izinto ezithile ngoba lezi zinto zingena emzimbeni futhi zishintsha amakhemikhali asebuchosheni ngqo. Ukwelapha okunamahloni akufaki izinto ezangaphakathi. Lezi zindlela zifikelela kumphumela ofanayo wezici zasebuchosheni ngokusebenzisa indlela ehlukene—ngokuthiza ukukhishwa kwedopamine yengqondo ngokusebenzisa imisebenzi ekhethekile eyenzelwe ukwenza lokhu ngendlela efushane kakhulu.

Umehluko wokuhlukunyezwa makhulu kakhulu. Umuntu onobungozi bokugembula uthi ungenalo ukuzilawula. Umuntu onobungozi lokudlala imidlalo uthi kufanele ukhule. Umuntu ongakwazi ukuhlala ngaphandle kwe-television ayetshezweni—ngoba kuyinto evamile kakhulu ekuthi akufani. Umuntu ongakwazi ukuzivocavoca ngaphandle komculo awutholwa kunoma yiliphi incwadi yokululama emhlabeni ngaphandle kwale encane.

Ukusebenza kuyefana. Imiphumela—ukuhlosiwe kwesikhathi, ukuhlukumezeka kwezibopho, izinkinga zezimali, ukungakwazi ukujabulela impilo evamile, kanye

nesidingo sokukhulisa uqeda ukuze uthole umphumela ofanayo—kufana. Uhlelo lokwelapha kufana. Ukwakhiwa kokubuyela esimweni esihle kufana.

1.1 — Uhlelo Lokwengxaba Lokunakekelwa Okuguquguqukayo.

Zonke izindlela zokuziphatha eyingozi—ngokwezinto kanye nezindlela zombili—ziqhutshwa ukuhlukahluka kokunikezwa kwempumelelo: umvuzo ovela ngaphandle kwezikhathi ezilinganayo, ngemuva yomlingo ombalwa wokuzama. Lesi kuyishejuli yokufunda enamandla kakhulu esikhona. Kungakho ukugembula kubalulekile futhi kuphazisa, ukudlala imidlalo kubalulekile futhi kuphazisa, kanye nezinkundla zokuxhumana ebalulekile futhi ziphazisa ngokuklanyelwe kanje.

Ukungcola.	I-alamu yombukiso oyengeziwe.	Kungani kunzima kakhulu ukuyeka lokho okuhambisana nezinto ezilokhu zitholakala ngendlela elinganiselwe?
Ukugembula.	Imishini yezindlebe ihlawula ngohlelo lokuguqulwa okuhambisanayo—ngamanye amasikhathi ngesithathu sokudonsa, ngamanye amasikhathi engu-300. Ukungatholakali kokunomphela (izimpawu ezimbili kwezintathu) kusebenzisa ukumboza kwemivuzo kunokulahlekelwa okucacile. Ingqondo ibheka lokhu njengokuwina cishe, hhayi ukulahlekelwa. Uhlobo lwamaphuzu okuwina ngesikhathi esihlukahlukene kugcina umdlandla ngisho nakumaqinamba okulahlekelwa.	Umshini wempahla ohlukahlukene ongakhiphi ukudla ngazo zonke izikhathi kuzophumela ekuthi abantu mhlabe umshini futhi masuke bengamusebenzisi. Umshini wokugembula ongakhokhi ngaso sonke isikhathi ubizwa ngokuthi ugembili. Ukungatholakali okulinganiselwe kubalulekile kule nkampani. Ukuyeka ukwenza into (extinction) kunzima kakhulu uma kukhona ukuguqulwa kwendlela yokugubha, ngoba umzamo olandelayo kungase ube wonyango.
Igeyimu.	Ibhokisi elikhulu, ukukhishwa kwezinto ngentambo, ukubonakala kwegeyini eliyingqakathekile—konke lokhu kuyizinhlelo zombuzo eziguquguqukayo ezakhiwe kulwakhiwo lomdlalo ngabahlengikazi bomlingo abaqashwe ngokukhethekile	Umuntu oyeceba ukuyeka "nje ngesikhathi izinto ezinhle ziqalanga ukuvela" akakwazi ukufakwa kabi. Izinto ezinhle zingaba umdlalo olandelayo. Uhlelo lokuguqulwa lwezilingo lubangela ukuthi ukuyeka kuzwakale njengokushiywa kwendlela yempumelelo.

	ukuze kwandiswe ubude besikhathi somdlalo kanye nokubuya kabusha. Uhlelo lokuthuthuka (ukunyusa izinga, amakhono amasha, izindawo ezintsha) linikeza imivuzo elindene efakwe kulolu hlelo lwemibuzo eziguquguqukayo.	
I-thelevishini/ Ukubukela izitudiyo.	Ukugcina umdlalo uqhubekayo kuyindlela yokwenza ukuthi umsebenzisi axakeke: ukukhuthazwa kwendaba kuxazululwa ngaphandle kokucatshangwa, ngemuva kombala ongatholwe. Ukusebenza kwe-"autoplay" kususa ithuba elingamasekhondi angu-30 lapho umuntu angakhetha khona ukuyeka. I-Netflix ithole ukuthi ukususa i-"autoplay" kunciphise isikhathi esibukwayo - ngakho abayenzanga lokho.	Umuntu oqhubeka nokubukela enye ingxenye ukuze azwe ukuthi kwenzekani, uphendula uhlelo lokukhuthazwa oluyimodeli yombhanga. Ingxenye elandelayo ixazulula ukungqubuzana okukodwa futhi yethula okubili eziningeni. Lolu hlelo luhlela umdlandla ngokuphindaphindiwe, njengoba kungenzeka ngebhokisi lamabhilidi.

1.2 — Ukuxhumana Kwe-Pharmacogenomics Okuhlangene Kwengcindezi Yombhobho.

Izinguquko ezifanayo ze-genomu ezenyusa ukuba yingozi kokuphazamiseka kokuziphakamisa zenyusa futhi ukuba yingozi kwezindlela zokuziphakamisa—ngomkhathi ofanayo: ukwehla kwisilinganiso esijwayelekile se-dopamine kudala ukuthi umuntu ube nokwazi ukuba yingozi kunoma iyiphi into ebanjwa ngempumela futhi enikeza i-dopamine okuhlelweni okungalukhulumi ngokwanele.

Ukuguquka kwezinto zombili zezezimalibu.	Imehlakano.	Ukuxhumana kwezindlela zokuziphatha eziyingozi.
DRD2 A1 allele (Izindlela Zokukhuthazwa Ezincane).	Ukwehla kwezinto ezithinta iziphalaza-ntambo ezingu-40% (D2 receptor density). Ukunciphiswa kokuphendula kwamanoni kwezigcekeni zemikhuba yansuku zonke. Umuntu onobungo kanye ne-DRD2 A1 udinga ukuthi kube khona okukhulu ukuze athole	I-DRD2 A1 ibonakala kabanzi kubantu abanolwazimo lokudlala, ukudlala ngobumnene, ukudla ngobumnene, kanye nokuthenga ngobumnene, futhi leli lobo bonani lufana nalokho okubonwa kubantu abanokulweliswa kokusela

	uphawu lwenjabulo olufana nalokho abanye bathola ezinto ezivamile. Ukudla, ubudlelwane, ukuxhumana nomphakathi, ukwaneliseka emsebenzini - konke kunikeza amanoni amancane. Lesi simo sengxabano yiqiniso, futhi ukuthanda okungokwengqondo kuyazigcwalisa.	kanye nezinto ezisetshenziselwa ukuvuselela. Ukuntuleka kwempumelelo yindlela yokuba nobuhlungu; umsebenzi ugcwalisa indlela efanayo nenhlanziyelwandle eyenza lokho.
COMT Val158Met Val/Val (ukwakhiwa komzimba wezimpi).	Ukuhlazwa okusheshayo kwe-dopamine. Umthwalo we-dopamine uqala ngokushesha futhi ukhoma kancane—ukuphakama kuwobonakala ngokucacile, futhi ukuphansi nayo kubonakala ngokucacile. Ukwehla okuphuthumayo kunenhlanzelo yokubuyela ekuhambeni okusheshayo ukuze uthole umthwalo olandelayo. Umuntu onobungozi (i-"Warrior") ubhekana nokuguquka okuphezulu kakhulu phakathi kokuphezula kanye nokuphansi.	Umfuphi womuntu onobudlabantu obukhulu kanye nomuzwa wokufuna ukuthakaselwa uhambisana ngokuphelele nokugembula (izindlela ezinkulu, imivuzo eguqukayo, ukuqeqeshwa okukhulu) kanye nemidlalo (okuncintiswana khona, okusekelwe kukuhlangenwe nakho, okuqinile). Umgudu omfanekiso obhalwayo oholela ekubambeni kakhulu kwezemidlalo kanye nokungcola kwemidlalo uma umuzwa wokuncintiswa awenziwuki.
MTHFR C677T homozygous.	Ukuntuleka kwe-BH4 kunciphisa ukukhiqizwa kwedopamine kanye ne-serotonin. Ukuntuleka okuphansi kwe-dopamine okuhlala njalo. Umuntu onomdlavuza we-MTHFR ongweluliwe uyasebenza ngobubanzi obuncane bokujabula—okudale umkhawulo ofanayo owenziwa yizinto ezijabulisa ezingokwempilo.	Umuntu oza kuzwa ukuthi uzizwa ngempela kahle ngesikhathi esidlala imidlalo noma esivakashela ikhasino kunalokho okuzizwa kulo empilweni yansuku zonke—futhi ongakwazi ukuchaza kungani impilo yansuku zonke izwakala njengento ephansi—angase abe nomthelela we-MTHFR ekuguquleni kwamabhhayometri, okuyinto umsebenzi onamandla ongenza ukuthi aziwa ngempela kahle ngokwesikhashana. Isixazululo akuyona imishini yokugembula, kodwa i-5-MTHF.

UKUDLALA AMAGEEMU OKUGADLA NGESINTO.

Uhlelo oluthakazelisayo kakhulu lokuguqulwa kwezindlela eziguquguqukayo etholakalayo.

I-CENTURION - Ukugembula kuyindlela ecace kakhulu yokubonisa ukwakhiwe okuyisibopho lokuthola imivuzo - Akudingeki izinto eziningi ngaphandle kwemali kanye nendawo.

Ukungcwadi okugcwele kokuphapha kunomthelela omkhulu ezimpilweni zombili (izindlela zokusebenza zomzimba) uma kuqhathaniswa neminye imikhuba yokuzithinta. Idatha yezithombe zemfupho (brain imaging) yothukalelo lokugembula ifana kakhulu nedatha yezithombe yemfupho yokuthathe ukokhethi kanye ne-methamphetamine - izimbobo ezifanayo, amapharamitha okusebenza afanayo, ukwehliswa kwakho kokwenza umqondo wefrontal cortex ekugwemeni isiginali yokulangazelela eliyimiswe yindlebe (limbic system).

2.1 — Izindlela Ezithile Zokusebenza.

Inqubo.	Yenza ini?	Kungani kunesiphetho esikhulu kangaka?
I-Near-Miss Effect.	Uma umshini wokugembula ubonisa izimpawu ezimbili kuphela ezintathu ezidingekayo, uhlelo lokukhokhelwa lusebenza kakhulu kunalokho uma kushaywe ngokuphelele. Ingqondo ibheka ukuthi "kusondele" njengolwazi olubalulekile—njengesitatimende sokuthi ukuphumelela kufinyelelana. Lena iyindlela engokwemibono eyenziwe ngaphakathi kwamashini okugembula, futhi yilinganiso efakiwe ocwaningweni lwesayensi yangqondo.	Ukuba umdlali usonde kakhulu ekufeni, kodwa ugulukile, uyagcina ukuzimisela ngisho nakalula ngokulupheko oluphindaphindiwe kunokugulukiswa okungahlobene. Umdlali osele esondeleni ekutholeni umvuzo omkhulu unempendulo enhle kakhulu yokudlala futhi, uma kuqhathaniswa nomdlali ongatholi zinto ezihlobene ngqo. "Near-miss" akusona ukusondelela kunantoni. I-RNG yemishini ayinayo imemori. Kodwa ingqondo iyasebenza njengokuthi inayo.
I-Gambler's Fallacy.	Ukukhubazeka kwengqondo okuthi izenzakalo ezidlule ezingekhona ezihleliwe zithonya izenzakalo zesikhathi	Ukungiphoni kwegama elithi "ukungalaleli" akuyona ukuthi umuntu ungumlungu. Kuyindlela ejwayelekile

	esizayo ezingekhona ezihleliwe. 'Okubomvu kuye ngaphambi kwezinketho ezingu-7—okumnyama kufanele kufike.' 'Ngihlosiwe izikhathi ezingu-20—ngingase ngazithole ukunqoba.' Izenzakalo ezingekhona ezihleliwe azinayo imemori. Akukho naliphi ilanga elidlule elenza ithuba lesigameko esilandelayo libe mnene noma luncane.	yengqondo yokubona amaphethini, kodwa-ke isetshenziswa endaweni engaphumeleli. Lefesthembu elifanayo lengqondo elibonisa amaphethini ngendlela efanele emhlabeni wonke liyabangela ukuthi umuntu abone amaphethini engafani ezintweni ezingalungisiwe, njengamathuba.
Ukukhanya Kokulawula.	Umlomo wokwazi kuthile ezinkundleni zokugembula (njenge-poker, ukubheja kwezemidlalo, kanye nokugijima kwamahhashi) ufake ubuchule obuqotho—futhi umuntu uyisebenzisa lolu buchule ukuze azame izimodeli zengqondo ezivela kulowo mkhakha wokwazi, futhi akholelwa ukuthi okubonakala sengathi ukuhlolwa kwakhe kunethonya empumela engenziwa ngaphandle kokulawula, kodva lokho kungukwenzi.	Abadlali bezemidlalo abacwaninga kakhulu bakholelwa ukuthi ulwazi lwabo lubanikeza inzuzo. Abadlali be-poker bayandisa umuzwa wabo wokuba ngabantu abanamakhono kuphakathi nosuku lokugamba lwaleli mdlalo. Ukubonakala kokulawula kugcina ukubambezeleka ezinhlotshweni ezenziwa yizinto esingalawula zona.
Iphethini Yokulandela.	Ngemuva kokulahlekelwa okukhulu, umuntu wandisa izindlela zokubheja ukuze alinde ukuliphucula ngokushesha. Izibalo yenza lokhu kube buthuthukile—izindlela ezinkulu zokubheja zokuphucula ziyadala amathuba amakhulu okulahlekelwa. Isimo semivengimpi esikhukhumi umuntu (ukuphucula, ukufinyelela ebangeni) kunamandla kakhulu ukuze kushaywe ngomqondo wokuthi kuyinto engasebenzi.	Ukuzama ukubuyisela imali elahlekile kuyinto efanayo nokuthi umsebenzisi wedwağı azithathele kakhulu ukuze agweme ukwehlukaniswa. Ukulahlekelwa kuholela esimweni esibi, futhi intambo elandelayo ithembisa ukuthi izoqinisekisa ukulungiselela lokho. Indlela yokusebenza efanayo nokuthi umuntu ogula wedwağı ugweme ukwehlukaniswa.

2.2 — Yini Okunikezwa Ngamabhadi?

Yini okudlala amabhiliyoni kunganikeza?	Yini okuyikhona ngokuchazwe kwezicwillamakhimiki?	I-akhitektshu yendalo.
Umdlalo, ukujabulela ingozi, ithemba lokuguquka (impumelelo enhle kakhulu engashintsha yonke into).	I-dopamine ekulindeni (umdlalo ogamathekile), i-dopamine emiphumelweni (ukunqoba noma ukusondela kokuwina), i-adrenaline engozini, kanye ne-norepinephrine ekungaqinisekaniyo. Lena ngelinye lamakhithi aphelele futhi anobungozi kakhulu e-dopamine atholakala ngaphandle kwezidakamizwa.	Ingozi yangempela nokuphimiswa kwezinto ebalulekile: ukuqalisa ibhizinisi, ukuncintisana kwezemidlalo, utshalomali omuhle (okungesona okungenzeka), ukuxoxiswana kwebhizinisi. Imisebenzi enikeza usongo lwengxenye yangempela kanye nomphumela wangempela onethonya elihambisanayo.
Phuma ekuhlelweni kokuphila okujwayelekile - ikhasino isusa ukuhlaziywa kwabantu ngendlela ejwayelekile, isikhathi esijwayelekile, kanye nomthwalo wesibopho ojwayelekile.	Indawo elawulwayo eyenzelwe ukususa izimpawu zangaphandle zomhlaba wangempela (ayikho amawashi, ayikho amakhwincha, kukhishwa yonke imfudlana kanye nezinto zokunamathela). Le ndawo ngokuyisikhathi idala ukwahlukaniswa empileni evamile.	Imikhuba yokuzithuthukisa eholweni le-Chrysalis. Ukungena esitatimendeni sokuhlaliswa ngokuphelele ngenxa yobunzima obuqinile. Ikhwalithi ethize yokugxilwe ngokuphelele ngento ebubudela — etholakala ngenhlangano yemvelo ngaphandle kokulimali okukhulu.
Ukuxhumana nomphakathi —indlu yezinyezelo, ithebhili le-poker, umphakathi wokubheja kwezemidlalo zonke zinobunzima bokuxhumana nomphakathi.	I-oksitosine evela kuxhumano nomphakathi nabanye abadlali, okuhlangenwe nakho okufanayo mayelana nokubheja kanye nomphumela, umphakathi walo mdlalo.	Ukuxhumana kwezenhlalo okufanayo okuvela kwezigcawu zokuncintisana ezingadingi ukuba nezindleko zemali. Umphakathi womdlali we-poker angaba yi-club yama-chess, umkhakha wokupheka okunentshisekelo, noma ithimba labalandeli.

2.3 — Uhlelo Lokululama Ekudlaleni.

I-CENTURION - Ukulawula ukufinyelela akuyona into eyenziwe ngokuzithandela ekubuyeni kokuphazamiseka kwejubane. Indawo kufanele kushintshwe.

- Ukuzikhawulela: wonke amakhasino anelayisensi, yonke ingxenye yezinhlelo zokugembula eziku-inthanethi, kanye nanoma iyiphi inkampani enkulu yokubheja kwezemidlalo ihlinzeka ngamaphrogramu okuzikhawulela.

Isithombe somuntu osizikhawulele sibhalwe ehlelweni lekhasino futhi uma kubonwa ukuthi ukhona, uyacelwa ukuya kude. Lokhu akuyona into ephelele kodwa kufaka ubunzulu obukhulu. Yenza lokhu ngaphambi kokuba ufise ukugembula, hhayi ngenkathi usufisa.

- Ukuphathwa kokufinyelela kwezimali: ekugweni lokwelapheka kwegebhula, ukunikeza umuntu othembekile ulawulo lwemali - hhayi ukuqeda ukubhekana nezinto, hhayi ukuvumela ukuthi ulandele izinqubo ngaphandle kokulawulwa - kuyindlela efanayo nokuhlolwa kwezimali ekuHlanganiseni Okuphelele. Umuntu ongabonakalanga imali engu-$500 angalokothi alahle imali engu-$500 enkasino.
- INaltrexone engu-50mg ngosuku: lo mbudazwe we-mu-opioid uyanciphisa ukunqunywa kokugembula ezivivini zezokwelapha ezibhalwe. Ngefomu elifanayo nalelo eliyanceda ekunciphiseni inhliziyo yokufuna utshwala, futhi luyanciphisa ukunqunywa kokugembula. Lena ngelinye lamathuba ethongolwako athile anobubanzi obuqinisekisiwe ezinkingeni zokuziphatheka.
- I-CBT ehloselwe ekubekeni ingxenye yengqondo: i-"Gambler's Fallacy", umthelela "we-"Near-Miss Effect, ukubonakala kokulawula, kanye nomkhuba wokuzama futhi futhi (i-"Chasing Pattern") wonke uyindlela yokucabanga engafanele eyokuthi ingasetshenziswa ngamathikhi ethile e-"cognitive behavioral therapy" (CBT). Ngaphandle kwezinye izinto zokuthanda ezilawulwa yimithi, lapho i-CBT isetshenziselwa ukuyisiza, kulokhu, ekugembuleleni, i-CBT iyindlela yokwelapha eyinhloko.
- Ukuguqulwa Kwempilo Yokuncintisana: Ukulangazelela okungamakhali lokuncintiswa ngezinto ezibalulekile kanye nemiphumela yangempela—ukwehlukahluka okuthile okunikezwa ngamabhiliyoni—kungaguqulelwa kube yimikhakha yokuncintisana eyokwenziwe. Ukuba umnikazi webhizinisi, ukuncintiswa kwezemidlalo, intshosholo yangobuso enani elincane elichazwe ngokucacile njenge-'imali engotiyisiko'. Ukulangazelela akuyona inkinga. Yindlela esetshenziselwa lokho okungeyona.

UKUDLALA IMIDLALO KANJANI OKUNGABANGELI.

Umkhiqizo osebenzisa ochwepheshe bezinkolo-zengqondo ukukugcina udlala.

I-CENTURION — Umdlalo awukwenzeki ukuthi ube nomthelela onamandla ngaphandle kokuhlelwa ngokucwilile. Udalwe ngabantu abazi kahle okufanele kwenziwe.

I-Internet Gaming Disorder ibonakala ku-DSM-5 njengoba yinkinga okufanele kufundwe kabanzi. Izinkampani ezikhulu zokudlala zamagemu zisebenzisa ochwepheshe bezobungcweti, abacwaningi bokufunda kanye nabucwaningi bokucinga ukuze kwandiswe isikhathi esidlalwa ngaso, ukubuyela kabusha komdlali, kanye nokuthenga ngaphakathi kwegeemu. Ukwazi ukuthi ukuba yinto eklanyelwe kunokuba into engahleliwe kushintsha indlela umuntu ahlangana ngayo negame.

3.1 — Ubumbano Lokwakhiwa Lwezinkinga Zokudlala Amageyimu.

Idizayini yomkhuba.	Ungayisebenzisa kanjani.	Yini okukhiqizayo kumdlali?
Ibhokisi lezimpahla / Ukukhishwa okungapheliwe.	Ukuguqulwa kwezinto ngokuya ngezinani ezahlukene kuhlanganiswe ohlelweni lokuthuthuka. Into engavamile ekhishwa ngokungathathelwa kabusha ngemuva kwenani eliyingozi lamazinguqulelo. Ezinye imidlalo zinezilinganiso ezibhalwe kodongeni zazo ezikhombisa ukuthi zingavamise kakhulu ukuze zandise umthelela we-dopamine wokungathathi hlangothi.	Ukuzimisela ukuthi uqede 'ukudlala okunye' ukuze ubone ukuthi ingabe into engavamile izotholakala yini. Ukungakwazi ukuyeka ngesikhathi esihleliwe ngoba umzamo olandelayo kungaba wona owanele. Lena iyindlela yemishini yokugembula efakiwe kugeyimu elinobuntwana obuqakathekile kanye nenqwaba yezinto ezijabulisayo.
Isakhiwo Sobumbano Lomphakathi.	Amaqembu, amakhosi, ama-thimba, kanye nezihlelo zabangani adala izibopho zombungane ezandisa ukudlala ngaphezu kwesifiso somuntu siqu sokuyeka. "Ithimba lidinga mina," "ukuhlaselwa	Umuntu ofunayo ukuyeka akwazi ngoba ukuceba kuthinta abanye. Umdlalo ulandise ukuzifihla kwezindlela eziningi kuze kube yinkinga entsha lapho izinto ezinengqondo ezivamile zokukhungatheka

	kuhlanganiswe," "abangane bami bayiku-inthanethi" — inkontileka yombungane yokudlala kwegeyimu eminingi yenza ukuyeka kube ukugxekwa komphakathi.	ngenxa yokugxekwa kwabanye zisiza ukuthi lo muntu aqhubeke.
Uhlelo Lokuthuthuka.	Amaphuzu okuhlangenwe, amazinga, izinto ongazivula, amabhuloho eziqondile— imiklomelo ejwayelekile efakwe ngaphakathi kwendlela yokuguquguquka yombuzo. Uhlelo lokuthuthuka linikeza ukuqinisiswa okuvamile okugcina ukuzimisela phakathi kwamiklomelo anokubaluleka kakhulu ayi-lula.	Umdlali o "usondela kakhulu" ezingeni elilandelayo, ekutholweni okulandelayo, noma ekuhlotshweni okulandelayo, akakwazi ukuyeka ngaphandle kokulahlekelwa intambo yokuqeda umgomo. Ukungathathi hlangothi kwezindleko ezifakiwe ("ngisebenzise isikhathi esiningi") kanye nomthelela wokugcina ("sesifikile eduze"), kugcina ukuziphatha.
Isakhiwo Sebusuku.	Imidlalo eminingi eyaxubile ibonakala ingcono kakhulu kusihlwa, lapho igumbi elibanzi labadlali lixhunywe ku-inthanethi. Ukuhlaselwa kwezinkundla kanye nemincintiswano ihlelwe ebusuku. Umdlalo unikeza okuqukethwe okukhuthazayo ngesikhathi esifanela ukulala.	Ukungcola okubangelwa ngamageyimu kusabalalisa ukuhlaziywa kokulala— amasheshini angasekupholeni, ukushintshwa kwesikhathi sokulala (ukulala ngo-3 ntambama kuya ekuseni), kanye nesimo esikhethekile sokugxilisa okubangelwa ngamageyimu enani elincane futhi engafanelana nokungena kokulala. Ukuhlaziywa kokulala kwenza kube nzulu ukulahlekelwa kokuqonda, okuholela ekuntwini yokwazi nokumelana nomkhuba onamandlo.

3.2 — Inkinga Yesimo Esilayishi.

Lapha lapho ukungcola kwegeyimu kuba yinkinga enzulu: ukuba kwesimo esibizwa ngokuthi "flow" - umqgomo ka-Csikszentmihalyi wokuzithoba okuphelele kwiindlela ezinselele ezisemedeni leyo yobuntwana bomuntu - kuyimo engempela futhi enempilo ngengqondo. Amageyimu aklanyelwe ngokukhethekile ukugcina umdlali esigabeni senselelo, okubanga leso "flow" eliqakathekile. Leso "flow" ngakho-ke akuyona into ekhathazayo.

Inkinga kuthinta ukuthi umdlalo unikeza ulwazi oluqhubekayo ngendlela engcono kunempilo yansuku zonke. Uma umsebenzi ungahlelelwa, ubudlelwano

bungabucayi, futhi umhlaba ngaphandle kwiskrini ubonakala njengento encane futhi engenakuhlonzwa—ubalance oluqondisiwe womdlalo phakathi kwezinselelo nekhono udala ukuba kulwazi oluqhubekayo okutholakalayo. Umuntu akaphunyiswi ngumsebenzi ongenandaba. Phinyiswa endaweni ethembekile kakhulu yokuzilibazisa enayo.

Ukubona lokuvuselelayo: Isixazululo akuyona ukususa amageyimu. Kunokwenza ukuphila okujwayelekile kube nokuncintisana. Akulona ngokwenza ukuphila okujwayelekile kufane negeyimu—kodwa ngokuthuthukisa amakhono angempela nezinhloso zangempela ezikhumbuza ukuzitholela emhlabeni. Umakhandi ogxile ngomsebenzi, umdlali oguquli kakhulu emzimbeni wakhe, umuntu osebenzayo obhekene nokungaqiniseki kwangempela— labo bantu banokuzithola okwenziwe yizinto zangempela. Abadingi ukulingiswa elenziwe ngegeyimu.

3.3 — Uhlelo Lokululama LwemiDlalo.

- Ukudlala imidlalo ngesikhathi esinqunyiwe: Ukuba nokuzifela ekudlaleni imidlalo kukhona ngokuthi kunokufinyelela okungenamkhawulo. Ukudlala imidlalo ngesikhathi esinqunyiwe— amahora X ngemihla Y, hhayi nakakhulu —kuyinto ehlukile ngokuphelele naleli ndaba. Uhlelo lwemisebenzi lwandisa ukuzifela kube umdlalo ohlanganisiwe. Lokhu akuyona ukungadlali. Kuyindlela yokulawula.
- Ukulwa ukukhuthazeka kwezinto zobuchwepheshe: Uhlelo oluthi "Screen Time" (ku-iOS), uhlelo oluthi "Digital Wellbeing" (ku-Android), izinhlelo ezihlanganiswe "Cold Turkey" noma "Freedom.to" - ezi zinhlelo zisebenzisa amamikhawu wesikhathi nezikhathi zokuvinjelwa. Setha le mikhawu lapho ungakukhuthazeki (kusasa ekuseni, hhayi ngeLwesihlanu kusihlwa). Ukulwa okwenza kube nzima ukwandisa isikhathi esetshenzisiwe kuyasiza kakhulu ngesikhathi "okunye umdlalo" - ngaleso sikhathi igama elithi "cognitive impairment" liyathuthuka kakhulu.
- Umugqa wokulala: akukho ukudlala amageyimu ngemuva kwesikhathi esithile. Le mithetho eyodwa engaxazululeki ibhekana nokuhlaziswa kokulala okwenza kukhulu konke okunye mayelana nomdlalo. Isikhathi sethisiwe ngokusekelwe ekuseni lapho ukulala kufanele kuqale ukuze uthole amahora ayi-8. Amadivayisi adluliswa esiteshini lokushaja ngogesi egumbini olunye ngaleso sikhathi.
- Umenzelo wolwimi:

  Ukulungiselela izinto zokuxhumana nomphakathi: Yibuyise ngokusho okucacile nabangani bakho abayidlala imidlalo mayelana nohlelo olusha. Ukuzizwa ubuhlungu ngokwehlukana nomphakathi uma uyeka ukudlala kungalungiswa uma ukulindeleke kukhishwe kuwena. 'Ngiyodlala ngoLwesibili futhi ngeSaterdag, kusukela amahora angu-7 kuya kwangu-10' kuyisibopho somphakathi ongokwemvelo okuhlelo lomkhakha ongaso.
- Ukuqeqeshwa Kwamakhono Ezimpilo Zangempela: Thola umkhakha ongacindezelwe wamakhono oholelwe ngalo umdlalo (ubuhlakani, ukwesaba,

ukusebenzisana, ukuxazulula izinkinga, ukwakha umhlaba, ukuqashelwa kwendaba) futhi uthole uhlobo lwayo lwempilo yangempela. Ukucabanga kobuhlakani komdlali we-RTS kungasetshenziswa ezimbonini, e-chess, nasezingxoxweni. Isikhathi sokuphenduka kanye nokubonakala kwendawo somdlali we-FPS kungasetshenziswa kwezinye izindlela zokudlala. Ukutshalwa kwezimali komdlali we-RPG ekwakhiweni komhlaba kungasetshenziswa ekubhutsheni, ekuklanyeni imidlalo, noma ekulandiseni izindaba ngokubambisana.

UKUDLALA KWEFILIMU, AMAVIDYEO, NEZINYE IZINDAWO ZOKUZITHUTHUKISA.

Ukuzithinta okudinga lutho kuwe futhi engikunikeza.

I-CENTURION - Lena lokhu kuyindlela yokuzithandisa engabonakali ngoba kuyinto evamile ngokuphelele. Futhi yilokho okwenza kube nzima ukuyibona.

Ukungcola okugcwele kungenye into ebonakala ngokuphazamiseka kwezimali. Ukungcola kwevidiyo kungabonakala ngenxa yokuncipha kokuxhumana nomphakathi kanye nokulala okuphazamisekayo, okukholelwa ukuthi kuzoba yinkinga. Ukungcola kwe-TV nemidlalo kuyingozi ngoba kufanele kube yinto evamile - umuntu othanda ukubukela i-TV amahora ayisihlanu ngosuku akabhekwa njengomuntu onenkinga, ngoba abaningi abathokozwayo bayibukela imizuzu engama-4.5.

Inkinga empelini akuyona imizuzu. Kungokukhulu kokuxhumana. Ukuthathe izinto ngendlela engenakuhlelwana—ukuthola umlando kanye nokuqubuka ngaphandle kokwenza lutho, ngaphandle kwamandla okuzenzela, ngaphandle komsamo—kungohlobo oluncane kakhulu lwenyanga etholakalayo. Ingqondo ithola ukuthiwa. Umuntu akwenze lutho. Akunakwa amakhono. Azithuthukiswanga ubudlelwano. Ayixazulwe inkinga. Isikhathi kusetshenziswa ngokuphelele.

4.1 — Inkinga Ekhulu Yokungathuthukiswa.

Nini ukubukela amavidiyo kanye nezilimi ezitholakala?	Yini engenziwa?
Ulwazi oluqakathekile lokuzithokozisa — ukwakhiwa kwendaba luyingxenye ebalulekile yobudlelwane bomuntu kusukela ezimpintini zasemigodini. Indaba esakhiwe kahle idlala ngemizwa, ukwazisa imibono yabanye, nokuxazululwa kokukhuluphali kwendaba okungenye inzuzo engokomzwelo. Ubudlelwane obungamanga: intshumayelo yengqondo ezibalasini ezingokoqobo idala ukukhiqizwa kwe-oxytocin kanye ne-serotonin. Ukubambisana kunengqimba yangempela ngisho nakuba izimpikiselo azikho.	Ukuthuthukiswa kwamakhono: ukubuka omunye umuntu esenza into akuthuthuki amandla okuyenzela wena. Uxhumano lwengxenye yomphakathi: ubudlelwane obungokomoya (parasocial relationships) busikhulula kodwa abudaleli uxhumano olwempumelelo phakathi kwabantu, okunikeza inzuzo engaguquki. Umsebenzi onkululekile: ukuthenga okungenantshisekelo kuhlala emzimbeni futhi kushiyelwe ngokushesha. Unyaka owabonakala kuthelevishini uvamile ukuba ungakhumbuleki. Unyaka

Isikhathi esihleliwe: umdlalo uya qeda emizweni engama-42 bese uyaphela. Lesi sikhathi linombukiso. Lokhu kuyasiza abantu abanobunzima ekulawuleni kwesikhathi esingahleliwe.	wokuthuthukiswa kwamakhono uyatholakala futhi uphila unaphakade. Ukutolera umzamo: umuntu othenjwa kakhulu ngokuphumula okungenantshisekelo uthola ukunttolera okunciphile ekusebenzisweni komzamo odingekayo emsebenzini onamandla, ekuhleleni okunobungcweti, kanye nokuthuthukisweni kwamakhono.

4.2 — Uhlelo Lwe-"The Comfort Show" — Okuyisiko kanye nezinto ezivamile.

Ibhokisi lokuzilibangela — uchungechunge lwevidiyo olubukekile izikhathi eziningi kakhulu kangangokuba umlando uke waziwa kahle — kuyindlela ethize yobuntu okufanele ihlolwe ngokucophelela. Umuntu obheka uhlelo olufanayo okuyisikhombisa noma okwesihlanu ngekota, akufuni ukuthola izinto ezintsha noma ukuzilibangela ngomlando. Ukubheka into efana nomoya: umngane oqashelwe, ongenalo izingqinamba, ogcwalisa indawo ngaphandle kokuphakamisa ukuzilibangalela.

Umkhakha wokuzithokozisa uqeda umsebenzi othile: ukuhlinzeka ngobudlelwano ngenkathi kungekho omunye, umuzwa womhlabelelo wendlela yomphakathi ejwayelekile, kanye nomuzwa ohlwiniwe wezimo zengqondo. Akulunganga ukufuna lezi zinto. Kubalulekile ukwazi ukuthi lo mkhakha ufake lokhu, kuyilapho inguqulo yangempela — ubudlelwano buqinile, indawo yomphakathi ejwayelekile, nomphakathi wangempela — yehliswa ngokuphindaphindiwe.

4.3 — Uhlelo Lokululama Lwe-TV/Amafilimu.

- Uhlelo lokuthenga ngamakhithi ngazinye kunoma yiluphi uhlelo olusha: esikhundleni sezinkampani zokubhalisa ezidlala yonke into, xhumanisa ngamakhithi ngalinye ngenketho. Intengo engu-$2.99 ngikhithi ayiyona into ebalulekile—ukwenza isinqumo sokuthenga kuyinto ebalulekile. Uhlelo lokudlala ngokuzenzakalela lususa zonke izinketho. Uhlelo lokuthenga luyibuyisela lezo zinketho.
- Umthetho wemizuzu engama-20: ngemuva kokuphela kwisho yini, kudingeka ukuba kube nemikhakha engama-20 ngaphambi kokuthi enye iqalwe. Sebenzisa isikhathi sefoni. Umkhakha awudingi noma iyiphi into—ukuhlala kuyanele. Okuhlinzekwa umkhakha ukuyisivivinyo somuntu ngamakhono akhe phakathi kwemikhakha, okuthi ifishi yokuzenzela ngokwayo ivimbela ukuba yenzeke.
- Izincwadi njengokufana okusebenzayo: ukuxhumana kwezincwadi—indaba, ukuthanda amakhalakatha, ukwakhiwa komhlaba—kutholakala ezincwadini ngomkhakha omunye onempumela: izincwadi zidinga ukwakheka okuqondile

komhlaba obubonakalayo kanye nomuzwa. Umfundi akuyona into esetshenziswa nje. Bangumdlali ohambisanayo kulolu hambo. Ukulangazelela okufanayo kwendaba okukhuthaza ukubukeka kwe-TV kungahlulwa futhi kusetshenziswe ekufundeni, kanti lokhu kunomthelela omkhulu ekwenzekisweni kwengqondo.

- Ulwalu phakathi kokutshalwa kwezinto zokuzijabulisa kanye nokukhiqizwa: ngamahora nganye ezinto zokuzijabulisa ezithathelwayo, kumele kube nomhora owodwa wokwenza into ethile. Akuyona ngokushesha, futhi akuyona njengokuhoxiswa—kodwa njengokulungiselela okuqhubekayo kwalolu lwalu. Umuntu othatha amahora ayi-5 ngamahora angenzi lutho ngamahora owodwa okukhiqiza uyathatha kakhulu kunalokho akwenza. Inhloso ezinyangeni ezizayo ukuthola ulwalu olulinganisiwe.
- Buka ngokuqinile, hhayi ngokungathathi hlangothi: uma ukubukela ithelevishini kuzoba yinto, buka nengxenye ethize engqondweni ('leni sengeziwa kanjani,' 'ulwazi olutholwe ngale ndaba,' 'leli thuba lithi mayelana nobuhlobo bomuntu'). Ukubukela okuqinile kudalula ulwazi lokufunda kanye nezindlela zokusebenza ezivela ekubukeni. Kusengokungathathi hlangothi ngokomzimba, kodwa akusona okungathathi hlangothi ngokucinga.

□ UKUXHUMANA NOMBHALO NEMIDLALO YAMASANGO.

Ukuthanda ukungabi nakho ukuhlala wedwa nomcabango wakho.

I-CENTURION - Ukuthula kubuhle ngoba okuthile bekugcwele kulo isikhathi eside kangangokuthi amandla okuba kulona aye alahlekelwa.

Umuntu odinga ukuzwa umsindo ngaso yonke isikhathi—iradiyo ayeke ukusondela, ipodcast idlala ngenkathi eyenza noma yini, ithelevishini iqhamuke nje ukuze kukhona umsindo—akabi umthengi wezinto ezitholakalayo. Umnandi ngokusweleka kwesilence. Okubaluleke nakakhulu ukuthi umsindo uyasiza ekugweneni kokuzwa ingqondo yomuntu ngenkathi kunhlungu.

Lesinye yezindlela ezivamile kakhulu zokuthemba okungokwengqondo, kodwa ezingabonakali. Umuntu ongakwazi ukushayela ngaphandle komlayezo womsakazo, ongakwazi ukuhlanza ikhaya ngaphandle kwesitudiyo somlayezo, ongakwazi ukuphumula ngaphandle komlayezo wethelevishini - uthole ukungathandi kokuba nokuzwa engqondweni yakubo ngaphandle kokuphimiswa kwezinto zangaphandle. Yonke imfasheni kanye nomkhuba wokuzindla uyayiqinisa ukubaluleka kwesilence. Lesi situ kuwukugwema kwalokho okuyikhona kulabo mikhuba.

Ngingakwazi ukuzwakala ngempumela yomsindo engemuva.	Yini okuyivimbela?	I-
Ukugcwalisa ukusebenza kwengqondo ngokulimo okulula, ukuvimbela ingqondo ekukhiqizeni izinto zayo—imicabango, imibono, izinkumbulo, nemizwa evela kakhulu.	Umlando womsebenzi wendlela evamile yedokhwe (default mode network): ukuhlanganiswa kwemibono, ukukhiqizwa kwezindlela ezintsha zokucabanga, ukuqeqeshwa kokuzimisela mayelana nokwenzeke ngosuku. Ukungakhulumi akuyona into engcono. Kuyindawo lapho ingqondo yenza khona umsebenzi wayo obalulekile kakhulu.	Ukuthuleka okwandayo. Qala ngeminithi emi-5 yothulele ngesikhathi wesenzo sanempilo esijwayelekile esihlanganisa umsindo (ukuhamba ngengadi yokuqala yenhlanhla emfushane, ukugeza izitsha). Phakamisa kancane njalo masonto onke. Ukungethembeka ekuqaleni akuyona into eyisifo - kuyindlela uhlelo olulimele luyavuselelwa.
Ukudala umuzwa wokuba kunabantu, ngisho nakuba umuntu ukhona yedwa. Izwi elingemuva liyindlela yokukhuthaza ukuxhumana nomphakathi.	Ukuzimisele okungenxa yokuqiniseka ngomzwelo. Umuntu ongakaze azimele nomcabango wakhe akwazi ukwazi ukuthi umcabango wakhe uyini ngaphandle	Ukuphrakthisa ukuhlala wedwa: hlala ngaphandle kwezithombe noma umsindo imizuzu engu-15. Akuyona ngokungangqondo (nakuba lokho kusebenza)

	kokungenezelwa. Akwazi imicabangelo yakhe. Uyazi kuphela izindlela ahlalela ngayo okuhlukahlukene okungenzeka kuye.	— vele uhlale. Vumela ingqondo yenze okufanele ukuthi yenze. Imicabango evela esimweni esingcwele ibalulekile. Ibe ilinde.

□ UKUDLALA UMHLUBELO NGESINYEZI.

Ukuzimisela okuyisiko kakhulu ekugcwaleni izidingo zomzimba, okungalungile ukuthi kusholwe.

Umuntu ongakwazi ukuzivocavoca ngaphandle komculo akazange azivele vazivocavuca.

I-CENTURION - Lesi yinto abantu abangayifaki ngempela ezincwadi zokululama. Kodwa kufanele ifake lapha ngoba iyindlela efanayo—ikhemikhali elenza ukuba umuzwa ube uthule, okumele uzizwe ngqo.

Umthandazo awuhloselwe ukuba ube nomswakama ngomculo. Izinqubelelo zokwelapha ze-Recovery Kernel zithatha umculo kunoma yiluphi uhlanga njengokufunda okungcwele. Umculo ngesikhathi kokuqeqeshwa uyisixhobo esiwusizo—ngubani oqinisa isilinganiso, anciphise ukuzizwa kokukhathazeka, futhi wengeze injabulo emsebenzini omzimbeni. Ukuthi umuntu angakwazi ukuqeqesha ngaphandle komculo, ongake aphinde aqedele ukuqeqeshwa ngaphandle kwomsindo, olandela ucingo phambi kokuba athathe isinyathelo sokuqala futhi azizwe ukuthi uqeqeshwa njengoba ezwa umculo—lokho kuyinto ehlukile.

Umuntu ongakaze asebenzise umzimba ngaphandle komlayezo akazange azizwe ukuthi umzimba wakhe uzizwa kanjani ngesikhathi sekuvamiseka. Ukubuyekezwa kwe-proprioceptive—umuzwa wamathambo ezilawula, irithimu yokuphefumula, ubushisa obukhulu kancane bokuhamba kwegazi, uhlobo oluthile lokugaya eliqondisa umzamo ngendlela efanele—ihlale ifihliwe. Lezi zinto bezizwa njengokungahambisani phakathi komlayezo kanye nomuzwa wemvelo yabo ngakunye kwaleso sikhathi sokuvamiseka abasebenzise.

6.1 — Yini Emidlalo Yomculo Efihla?

Noma yini ongayithule ngayo ngesikhathi uqeqesha.	Kungani ukugqashwa kubalulekile.	Yini okulahlekelwa ngayo umuntu?
I-loopi yobuyiseleko bokuzwa: ukuba ngumswakama wezinto ezithinta umzimba, njengokuzwa kwamathambo, izinga lomzamo, ikhwalithi yokuphefumula, ubuhlungu behlizwayo, kanye nendawo	Ngaphandle kololu mbiko, ukulinganisa umzamo akuyona into efanele. Umuntu usebenzisa amandla ngesilinganiso esinqunyiwe yizingoma, kunokuba ngesilinganiso esinqunywa umzimba ngempela kanye nezimo	Ukuthuthuka kwebuchule bokuzwa ngomzimba—ukwazi ukufunda izimpawu zomzimba ngokunembile. Abadlali abaqeqeshwa ngaphandle kwemlayezo bathuthukisa umuzwa onembile womzamo, ukuphumula, kanye

eyisikhathi yesifo. Lezi zimpawu ziyindlela enguqulo yomzimba yokuxhumana ngempela mayelana nokuthi uyifunini futhi ukwenzani.	zokuphola zomzimba. Abagijimane abasebenzisa izingoma njengentambo yokusungula isilinganiso babangajeziswa ngokugijima kakhulu, ngoba izingoma ziyenza ukuthi bagijime ngesilinganiso omzimba awukubekile kulolo suku.	namandla okungenzeka ukuthi abaqeqeshi abaxhomekeke emlayezweni bangathuthuki.
Ukukhuluphala kokuzimisela: Ukuzivocavoca kubangela ukukhuluphala omzimbeni. Ukuvuvukala kwamathambo, ukuntuleka komoya, nokuhlwa kwezindlela zokugcina zemikhuba. Umculo kunciphisa umuzwa wokudlala ngokunikeza olunye ulwazi olucindezela umuzwa wokukhuluphala.	Ukutola ukukhubazeka okusebenzayo—ukwenza into enzima ngempela ngaphandle kokuxazululwa kwangaphandle—kuwimpawu engadalwa. Umuntu ohlale exazulula ukukhubazeka kwezivuno ngezithombe kakhulu akakaze adalule le mpawu. Akazange wakhe ubuhlobo nobuhle bokukhubazeka bomzimba bakhe, okwenza ukuthi abe nomthelela wokuqeqesha ngaphakathi.	Ukuhlala, ukubamba iqhwa, kanye nokuba nezindlela zokulungisa izinkinga ngaphandle kokusetshenziswa kwezinye izinto ezithuthukisayo. Umuntu ohlale usebenzisa umculo ukuze adlulele ekuhlanzeni okunzima uneqiniso elihlukile mayelana nokuthi ukuhlupheka kungenzeka kanjani uma uhlanganisiwe ngokuqondile.
Ukunquma kokuzindla ekusebenzisweni kokuphindaphinda okomzimba: Ukubhujwa, ukugijima, ukuwina, kanye nokugiya kungokuhamba okuphindaphindiwe futhi okunomsindo, okuyindlela yendlela yokuzindla. Ngaphandle kwemlayezo womsindo, ukunyakaza okuphindaphindiwe komzimba kudala ubungakanani obuthile bokugxilisa esikhathini samanje, okuboniswe ukuthi kunciphisa umsebenzi we-DMN—umthelela ofanayo nokuzindla.	Umculo uthatha ukunakekelwa okufanayo nalokho ukuqhubeka kwempumelelo kungathatha. Ukungenelela okulandelana kulezi zinto kuvimba isimo esizinzile sokuzindla esitholakala ngokwezindlela ezilandelwayo zokuhamba. Umuntu ohlalisa ukugijima ngomculo akasoze azizwa ukuzindla okwenzelwa ukugijima.	Ukukhishwa kwe-endocannabinoid (indlela eqondileyo yomdlalo omkhulu) kuhlobene ngokuqondile nenjongo kanye nomfuthi wekuhamba, hhayi nalokho umuntu elalela. Ukukhiqizwa kwe-anandamide okubanga intuthuko yangempela ngemuva kokuhamba kwenziwa noma ngabe kukhona umculo noma cha—kodwa ukuzizwa kulolu hlangothi kunamandla kakhulu uma akunalo umsindo omaski.

6.2 — Kungani Kungenye Yizidingo Ezibalulekile.

Ukuhlolwa kokuncikelela kumlayepha ngesikhathi sekuvulo kulula: ingabe ungakwazi ukuqedela ukuvulo okuphelele ngaphandle kwalowo mayelepha? Akulona ngokunethezeka—kodwa ukuze uqede lokho kuvulo. Kwabaningi abantu abahlala bevuza ngomlayepha, impendulo yabo iyiyona eqondile. Akuyona 'ngingathanda ukungakusebenzisi.' Cha. Ukuvulo kuzizwa kungenasici, kunzima kakhulu, noma kungaba nokuthi akunakwenzeka.

Lesi signal yokuxhumana. Ukuzivocavoca okudinga ukufakwa ngaphandle ukuze kube nokutholwa, kungukuthi ukuzivocavoca umuntu angakwazi ukukwenza ngokwakhe - okusho ukuthi ukukhuthazeka kwangaphakathi kanye nomvuzo wangaphakathi oqinisa ukuzivocavuca kude kade akalungiswa. Umculo uyindlela yezokwelapha. Uma ususiwe, ukuzivocavuca akukona okwamanje umsebenzi onamandla futhi ongazikhandla.

Amamaki okuxhumana.	Amamaki okungabonakali ukuthi umuntu unokuthemba.
Ukuzivocavoca kubuyekezwa noma kukhishwa uma ukulalelwa kwezinto zomsindo (headphones) noma umculo awatholakali. Ijubane lokuzivocavoca liyahlanganiswa ngamaphuzu ephezulu ngomzuzu (BPM) womculo kunokuthi luyahlanganiswa ngokwezimpawu zomzimba. Ukuzivocavoca kubonakala njengesenzakalo esizwakala esihlanganisa ukunyakaza komzimba. Akukwazi ukuchazwa imizwa yangempela yomzimba ngesikhathi sokuzivocavoca - akukwazi ukuchaza ukuthi izimo zangemuva ezimweni zomzimba, ukuphefumula, noma izinga lomzamo. Ukuzivocavoca kuqedwa ngenhloso yokujabulela umculo; ukuvucavuca kuyindlela yokulalela.	Umculo uyisici esijabulisayo esenza ukuthi umsebenzi wokuzivocavoca ube mnandi kakhulu, kodwa ungawenzi lutho uma ungenalo. Umsimbo wokuzivocavoca uqhubeka noma ngabe umculo awutholakali—mhlawumbe ngesivinini esiphansi, kodwa akuhoxisiwe. Ukuphenduka komzimba kuyinto ebalulekile ngempela ngaleso sikhathi somsebenzi wokuzivocavoca; umculo uyisici esithuthukisa kuphela. Ungachaza ngokuningiliziwe ukuba yini okuzizwa emzimbeni ngalesi msebenzi wokuzivocavoca—ngamaphupho athile, ukuthi amanye amakhandu asebenzise nini, ukuthi ukukhathazeka kuthuthuke kanjani, nokuthi ukubuyela esimweni esijabulisayo phakathi kwamasetsi kuzizwa kanjani. Ukuzivocavoca kuyinto ebalulekile; umculo uyindlela yokwenza kube mnandi.

6.3 — Uhlelo Lokuzivocavuca Lwezingoma Ezimbalwa.

Akuyona ngempela ukususa umculo ekuhleleni. Kukhuluma ngokuthuthukisa amandla okuhlela ngaphandle komculo—ukuze ukhetho lokusebenzisa umculo kube yinto oyithintayo, kungezonke into oyikhonzile.

1. Iseshikhathi elilodwa ngesonto ngaphandle kwomculo. Iseshikhathi sokuqala sizoba nzima. Ingqondo izozama ukuthola okuthile okuyenzela, umzimba uzizwa ukhuluma kakhulu ngaphandle komhlahlandlela womsindo, ukuvija kungase kuzwakale kunzima kakhulu. Lena ukweqa. Kuhlala izinsuku ezimbili noma ezi-thathu kuphela.
2. Qala ngesikhathi esifushane sesigaba sokuqala, cishe amaminithi angu-15-20, ngaphandle kwomculo. Umgomo akuyona ukwenza kahle, kodwa ukuvumelanisa. Vumela umzimba wakho azizwe ngalokho okujwayeleza ngalo ngesikhathi sokuzivocavoca, ngaphandle kokuzindla.
3. Ngifaka igama kulokhu okuzizwa ngomzimba: ngesikhathi sesigaba esingeyona imiyalo yomsindo, qaphela futhi ufake izinto ezenzeka emzimbeni. 'Igalufu elesiqondile lishisi kakhulu kunelilodwa.' 'Ukuphefumula kuphakeme kakhulu - ukululama bekungenzanga okufanele.' 'Lesi sethi yi-RPE engu-7, elandelayo kuzodingeka kube mfushane.' Lokhu kokuhlonza ngokuqinile imizwa yomzimba kuyakha ubuchule bokuzizwa ngaphakathi obuyavala umoya womsindo.
4. Ngekusasa kwamaviki ayi-8 kuya kwayi-12: hlanganisa amasikhathi lapho kungekho umculo kanye namasikhathi okukhuluma nomculo. Amasikhathi lapho kungekho umculo asiza ukuthuthukisa ubuhlobo bomzimba. Amasikhathi okukhuluma nomculo akhethwa, hhayi kwucindezelwa. Umuntu uyazi ngalokhu kokubili—uye ngokuthi akhethe phakathi kwalokho.
5. Umkhuba omuhle kakhulu: ukuthi cishe ama-50% wesikhathi sokuzivocavoca kungabi nomlayezo. Akukhona ngoba umlayezo muhle—kuyamangalisa. Kodwa ukukhetha kufanele kube ukukhethwa, hhayi ukucindezelwa. Ukuzivocavuca okungenziwa ngaphandle komlayezo futhi kungcono kakhulu uma kunomlayezo kuyahluka nokuzivocavuca okungalawuleki ngaphandle komlayezo.

Isigaba 7 — Ubunjiniyela Obuqondene: Yini Okufanayo Kuyo Konke Lokhu.

I-CENTURION - Imikhiqizo emihlanu ehlukene. Indlela eyodwa. Uhlelo olulodwa lokuvuselela.

Kwezilimi eziningi zezindlela zokuzilibazisa, njengokugembula, amageyimu, amafilimu/itvishini, umsakazo ongumhlahlandlela, nomculo ngesikhathi kokuqeqeshwa—ezingxenye ezifanayo zikhona. Ukuthi labo "zingxenye" zigcizelelwe ngokucacile kuvumela umuntu ukuba aqaphe uhlobo olufanayo lapho luyisikhathi, kunoma iyiphi indlela, ngisho nezindlela ezingafakiwe kuleli khasi.

Into eyodwa.	Kungabonakala kanjani kulezi zindlela ezinhlanu zokuzithinta.	Umqondiso wokululama.
Ukuguqulwa kwezilingo eziguquguqukayo.	I-jackpot, ukukhishwa okungenzeka kakhulu, isimo esiyinqisayo, umlando onelukuluku, ingoma efanele ngesikhathi esifanele ngesikhathi sokuzivocavoca — konke lokhu kuyindlela yokuguquguquka. Ukungatholakali kokwazi okungenzeka kuhlala kunamandla ukuziphatha.	Thola ukuthi yini uhlelo lwemvuzo oluguquguquku, futhi uyibiza ngalesi silimi. Ukuyibiza akuhayishi umdlalo, kodwa kususa ukucabangela okungenxa yokuthi umzamo olandelayo kungase unikeze lokho ongakufuna.
Ifunctioni yokukhipha.	Ukugembula kunciphisa ukukhathazeka kwezimali (ngesisombululo esithembiswayo). Ukudlala amageyimu kunqoba ububodla kanye nomuzwa wokungabi nakho ukuthi udingeke. Ithelevishini kunqoba izinkinga ezihlobene nabanye kanye nesikhathi esingakuhleliwe. Umsakazo kunciphisa ukuba yedlula. Umculo kunqoba ukuphazamiseka kweminyango ngesikhathi wokuzivocavoca.	Ukusebenzisa indlela yokukwazi ukuthi umuntu usuka kuphi, kufanele uhlale ukhumbule ukuthi: * Indlela yokuphunyisela umuntu kusho ukuthi uyazama ukugqeda into ethile. * Umuntu onomswakama wokugembula uzama ukugqeda into ethile. * Umuntu onomswakama wemidlalo uyazama ukugqeda into ethile. Kufanele uqinise umuntu ngalokhu: * Into oyazama ukuyigqeda, akukho lutho olungamukelekile. * Ukuzama ukuyigqeda

		ngezinye izindlela kungasetshenziselwa ukubambezelela nje kuphela.
Isikhathi.	Yonke imikhakha yokuphazamiseka ngokuziphatha ihlinzeka ngendlela yokuhlela isikhathi. Iseshini yomdlalo, ubude bomkhankaso, ukuthi ikhasino ivula amahora angama-24, ukusakazwa kwezindaba okuhlala njalo—konke lokhu kugcwalisa isikhathi ngendlela ebhalelela ukuthi ungahleli isikhathi ngokwakho.	Hlanganisa uhlelo lwesikhathi olungaxhumeni nokuziphatha kabi. Uhlelo lwansuku zonke oluvela ku-Full Inventory, uhlelo lokuzivocavoca, kanye nohlelo lokubhali noma yimiphi imisebenzi yobuciko - lezi zinto zinikeza isakhiwo sesikhathi esihlelwe ngokuhlela ukwakha into ethile kunokugqashisa into.
Ikhomponenethi yobunikazi.	Umdlali wevidiyo, umdlali wemidlalo yezinkundla, othanda izingemuva, nomthandi womculo—lawo amacebo obunjakelelo. Ukungqubuzana okwenzeka ngenxa yomdlalo kuhlanganisiwe ezindleleni ongazibona ngazo. Ukuyeka lokho umdlalo kuzwakala njengokuthi ususa ingxenye yakho.	Ukuguqula indlela: umsebenzi wawungengxenye yobunjalo, kodwa akuyingxenye engakuphazamiseki kulo. Umdlali angaba umklami wemidlalo. Umuntu othanda izingemuva zamafilimu angaba umenzi wefilimu. Ubunjalo bokudlala amabhodibetshi bungaguqulwa ube yobuntengisi obuncintisanayo. Ukuthi ubunjalo buwubunjalo kuyiqiniso—lahliselana nabo, ungawususi.
I-akhitektshu yendalo.	Yonke into yokuthanda engokwengqondo inohlobo lwayo olufanele: umsebenzi wokuncintisana onemininingwane yangempela futhi enikeza imivuzo ngaphandle kokulahlekelwa kwezimali; ukujuluka kwangempela ngokusebenzisa amakhono ezimpilo; ukuqeqeshwa komlando okwenzekayo ngezincwadi kanye nomsebenzi wokudala; ubunye obuqinile nokuba khona okunikezwe yintethelelo; ukuqwashiseka kokuzithuthukisa okuholela ekuvikelweni kwengqondo okugelelwe umsebenzi wokugijima ongenalutho.	Umkhakha wemihlahlandlela wokudlulisa izimpande usebenza futhi lapha ngokufanayo. Leso "sici" selikhambi eliyingozi - ukuzinikela, ulwazi olukhethekile, umsebenzi onemitata yansuku zonke, kanye nokuba ngumuntu—ludluliswa kusuka ekulambeni okuyinto yokuziphatha kuya kwaso "isakhiwo" esiyingqayizivele. Kuyimodeli efanayo. Kukhona nje indawo ehlukene.

7.1 — Ithuluzi Lokuzinakekela Kwedijithali.

Ukungcola ngokwezindlela zokuziphatha eziminyiningana namuhla kuxutshwa kakhulu ngamadivayisi. Idivaysi esebenza ekudlaleni imidlalo yiyo efanayo nedivaysi enikeza ukukhuphuka ngezinhlelo zokusakazwa, futhi yiyo efanayo enikeza umculo ngesikhathi kokuqeqeshwa. Izindlela zokwelapha kufanele ziqale ngamadivaysi, hhayi nje ngokuzimisela.

Ithuluzi.	Yenza ini?	Ithuluzi elihamba phambili.
Screen Time (iOS) / Digital Wellbeing (Android)	Amagxenge wesikhathi ngosuku angaxhaswa nguhlelo lokusebenza, izikhathi zokuvalwa ezihleliwe (izikhathi lapho ezinye izinhlelo zokusebenza kukhishwa khona), kanye nezimithetho yomthombo. Le migxenge ingavikelwa ngephasiwedi umuntu onethemba uma ukuzilawula kunganele.	Imikhawulo yezindlela zokudlala, imikhawulo yamaplatformi okusakaza. Setha imikhawulo lapho UNGENAZINTO ZOKUHLANGABALISA — kusihlwa ngemuva kwamaholide, hhayi ngeLwesihlanu ekuseni uma ufuna kakhulu ukwenza lokho. Vimba le mikhawulo ngephasiwedi yomuntu othokomele ezinyangeni ezingu-90 zokuqala.
Cold Turkey / Freedom.to	Ukulungiselela ukubanjwa kwezikhungo zewebhusayithi nezinombolo zezinhlelo zokusebenza ngokuqinile okungalungisiwe ngesikhathi sentambo. Kungenzeka ukuthi kunobunzima kakhulu kuno-"Screen Time" - intambo iyisivalo esiqinile, hhayi isikhumbuzo esithule.	Amahlweli okudlala ngamafushini ku-inthanethi, amawebhusayithi okulula, izinsizakalo zokusakaza. Hlela izikhathi zokuvala ngezikhathi eziphezulu zengozi (kusihlwa esikude, ekuseni - izinga lapho ukuzimisela kukhona khulu futhi ukwenza izinqumo kubuthakathaka).
Izinhlelo zokuzikhawulela (ezingakhulu ezikhethe ukugembula).	Ukubhalisa ngokusemthethweni ezinhlelweni zokuvimbela ukudedelwa kwezinye izindawo zokugembula kanye nezinkundla zokugembula ku-inthanethi. Umuntu ovimbelwe akakwazi ukuvula ama-akhawunti amasha kuzikhungo ezibambe iqhaza futhi kuceliwe ukuthi ashiyi izindlu zokugembula ngempela uma	Kumele kwenziwe ngaphambi kokuba kube yindlela yokulenga. Ukwenza ukuzikhawulelisa kuyinto elula kakhulu uma ungakuhlangabezana nalokho okukufisela ukudlala amagebhule. Kuyinto enzima kakhulu uma usulukile ngalokho.

	etholakekile.	
Indlela yokusebenzisa ukuxubeka kakhulu.	Susa izinhlelo zokusebenza kule foni. Inqubo yokulanda kabusha yemizuzu emihlanu iyinkinga. Faka ukulawula kwe-TV endaweni engahleliwe. Shaja ifoni kanye nokulawula igeemu egumbini ngaphandle kwegumbi lokulala. Thenga uhlume olukhala ukuze ifoni ingasetshenziswa kuleli gumbi lokulala nhlobo.	Ukuzithinta ngokwezindlela zokuziphatha kugcinwa ngokuphathiswa okulula. Ukwengeza noma yikuphi ukunzulelwa—ngisho nokuncane—kukhawuleza kakhulu ukusetshenziswa okungaqondile. Umuntu odinga ukuyaphuma futhi athathe ukuze uthole i-remote ekitshini unokuba nezinto ezincane zokusalela ukubukeka kwesinye isigaba kunomuntu ongenawo, kodwa kufanele nje ucinge inkinobho.

Umqondiso wokululama ekudambisweni ngokuziphatha.

I-CENTURION - Akudingeki Ukusetshenziswa Kwezilwane Ezinokugula - Kodwa Ubunjiniyela Bokululama Buyasebenza Ngendlela Efana Nakho.

Umuntu onobungozi bokudlala ongakaze asuse ubuso ngutshwala noma izidakamizwa usebenzisa okufanayo kokusebenza kwe-dopamine njengomuntu ophilisiwe kusetshenziswa kwezigebhe. Izindlela zangokubili ezifanayo (i-DRD2 A1, i-COMT Val/Val, i-MTHFR homozygous) zihilela ukuntuleka okufanayo kokunethezeka. Ukuguqulwa kwezilingo eziguquguqukayo kukhuthaza uhlobo olufanayo lokudlala ngokuphazima. Umsebenzi ofanayo wokukhipha umuntu kulolu hlobo wugcwalisa indlela efanayo.

Ubunjini obulandelwayo bokubuyela esimweni esihle bufanelana: thola umsebenzi ongcono onamandla okuxazulula ukungcola, dala ngendlela elula eyakhayo, sebenzisa ubuchwepheshe ukuze unciphise ukufinyelela, funda ikhono ethize noma indlela yokuzilungiselela ebalulekile ekulungele ukuxazulula izidingo ezisemthethweni. Igxathu lokuguqula liyasebenza. Uhlelo lokudlulisa luyasebenza. Indlela eyakhayo — umsebenzi, ukuphumula, ukuzithuthukisa, ukuncintisana okungenxa yempumela yangempela, ukwakha izinto ezintsha — iyiphethini yokuhlala kahle.

Umculo ngesikhathi sekuvamiseka uyadingeka ukuthi ubaluleke futhi ufakazele okuthile. Uma ungakwazi ukuba wedwa emzimbeni wakho ngesikhathi sokuvamiseka—uma udinga umsindo ngoba umuzwa omzimba wakho ezisebenza kanzima kuyinto ongayitholi—lokhu kufana nokunye konke okuningi kulolu hlu. Umzimba uyindawo engcwele. Yiba kulo. Umculo uzosaba khona uma ukhetha ukuwudlala kunokuthi udinga ukuba udlalwe.

UKUZIVICHELELA NGOKUBUKELA KWEZINHLONGO.

Ingingeke ngikhethe ukungakwenzi namuhla, ngaphandle kokuba ngizwe ubunzulu obukhulu kunalokho engibuzwa ngalo uma ngishiye noma yimuphi umsebenzi ongenayo imiphumela emikhulu?

Uma kwenzeka lokhu, ingabe kuzizwa sengathi uyenza ukukhetha noma kuyinto okuyakhohlisayo?

Ingabe isikhathi esidlala ngalo leli cala lwandile kakhulu ngokuhamba kwesikhathi, kunokuhlala kungafani?

Uma ngiyeka, ngizwa ukuthi ngiphuzi kangaki noma ngizwa ukukhuthazwa ukuqala futhi?

Ingabe kukhona okuyinto ongayisebenzisa ukuze ugweme? Ungiyibiza nganoma yini?

Uma umsebenzi ongakhethwa ngomuntu ukuthi wenze noma ungawenzi—uma ukungenza kwalo msebenzi kudala ukuphazamiseka okukhulu kunokungena kuso okunye umsebenzi—kulapho kusikhombisa. Indlela yokusebenza iyindlela yokusebenza, kungakhathaliseki ukuthi yini imveliso.

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